

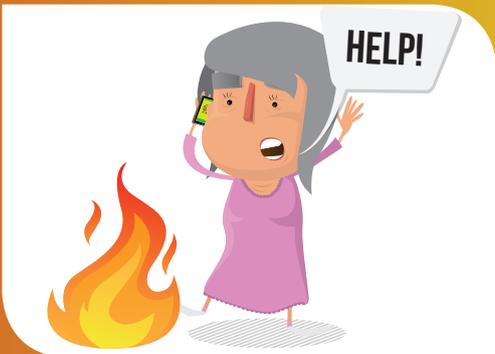
no smoke
without
fire

Fire Safety
Easy Read Information
For Older People

Introduction



This workbook has been made in partnership with older people and people with disabilities.



We have made this workbook to tell you about Fire Safety. It talks about how fires start and dangers in the home.



This workbook is best worked through with someone you trust, a friend or member of your family.



You can work through the workbook in groups, on your own or with support.

Fire can kill



Fire Safety is very important.
Fire can kill.



There are lots of things you can do to keep safe in your home.



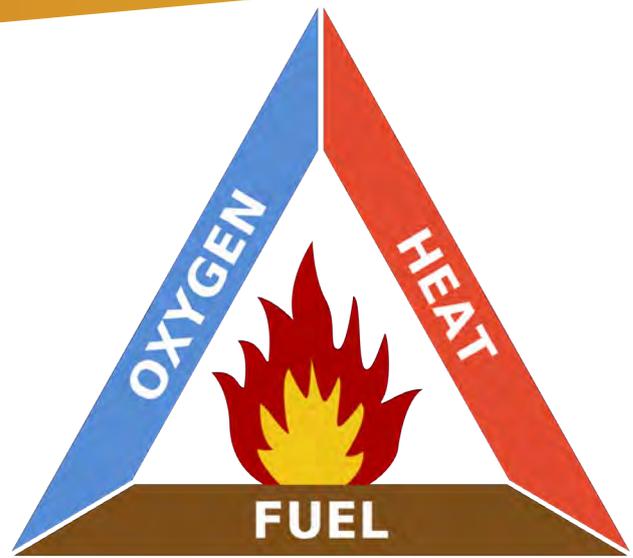
It is everyone's responsibility to be safe and to make sure that fires do not happen.



Knowing what to do if there is a fire can save your life and the lives of the people you live with.

Remember, if you see a fire then get out and stay out! Then call 999 straight away and ask for the Fire Service.

How fires start



A Fire needs 3 things:

A fire needs fuel (something that will burn).

A fire needs Oxygen (the air we breathe).

A fire needs heat (something hot like a flame).



Dangers in your home



There may be lots of places a fire can start in your home. In the bedroom, the kitchen, living room, anywhere.



A fire can start very quickly.

It's a good idea to make a list of all the things in your home which might cause a fire.



Talk about this with the people you live with, in groups or with support if you need to.



Make a list on the next page of the things in your home which might cause a fire.

Spot the dangers - Living Room



Can you spot 5 dangers in this picture?



.....

.....

.....

.....

.....

Smoking in your home



Smoking is dangerous for your health and if you are not careful can cause fires too!

You should try not to smoke in your home.



If you do smoke in your home then you should always make sure your cigarette is put out properly.



Never smoke in bed.



Never leave a cigarette burning, even if it is in an ashtray.

Be safe with ashtrays and put sand or water in them to help put cigarettes out. It's also a good idea to check your cigarettes have stopped burning before emptying them.

Overloaded sockets



A wall socket should never have more than one plug in it. Don't overload sockets and be very careful not to overload gang leads. Ask someone you trust to help you if you need it.



If you have to plug more than one thing into a socket, then only plug small things in like chargers or lights and never plug more than 2 in.



Always switch sockets off at night before you go to bed.



Check your cables. If you see one is damaged then throw it away and buy a new one.

Heaters



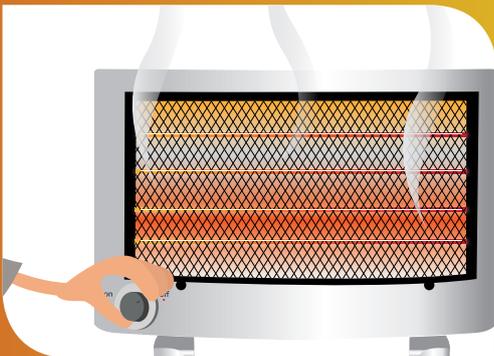
Heaters can be dangerous if you don't use them properly.

Never leave a heater switched on if you are not there.



Never put anything on top of the heater.

Never put wet clothes on or near the heater to dry them.



Always switch heaters off when you go to bed or go out.



If you have a coal or wood fire, make sure you use a fire guard and a carbon monoxide detector.

Don't put clothes in front of the fire to dry them and always make sure the fire is out before you go to bed.

Chip Pan Fires



About half of all house fires are caused by cooking.

Chip pans full of hot fat are very dangerous.



Don't fill a chip pan more than a third full of fat or oil.

Don't leave a chip pan on the heat when you are not there to watch it.



If a chip pan catches fire, never put water on it (or a tea towel) – turn off the cooker if safe to do so and get out of the house closing all inside doors behind you. Once outside call 999.



Use a deep fat fryer instead of a chip pan.

Be safe when cooking and never drink alcohol or take some medicines which might make you feel sleepy.

Spot the dangers - Kitchen



Can you spot 5 dangers in this picture?



.....

.....

.....

.....

.....

Remember

What should you do if you see a fire?



Call 999 and ask for the Fire Service

 Always Never



Get out, stay out!



Get your coat and bag before you leave



Try to put the fire out

Fire Quiz 1



1) What are the 3 main factors that could start a fire?

Air, Heat, Fuel

Air, Heat, Water



2) What should you do if a chip pan catches fire?

Pour water on it

Try to put it out with a fire blanket

Use a Fire Extinguisher

Ring someone to come and help

Get out, stay out and then ring 999

Fire Quiz 1



3) Where could a fire start?

In the kitchen

In the bedroom

Anywhere



4) Should you put the fire out?

Yes

No



5) What is the number for the emergency services?

101

999

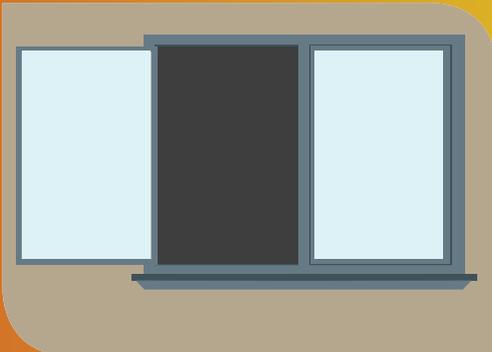
How to be safer



Fit smoke alarms. But, smoke alarms can be put in the wrong place, so check with someone first.



Blocked exit ways can be dangerous. Keep doorways clear.



Make sure windows are unlocked or that they have a key near them if you need to shout for help.



If you need support to get in and out of bed then make sure you know how to contact them if there is a fire.

ALWAYS have a mobile phone next to your bed which is charged so you can call 999 if there is a fire.

Bedtime Routines



Close inside doors. This is important as it can stop fires spreading quickly from one room to another.

Know where your keys are for the front and back door before you sleep.



Switch off equipment at the sockets like phone chargers, TV, heaters, lights and the kettle.

You don't need to switch off fridges and freezers though.



Make sure candles are put out.

Do this at least 20 minutes before you go to bed so you can check they are definitely out.



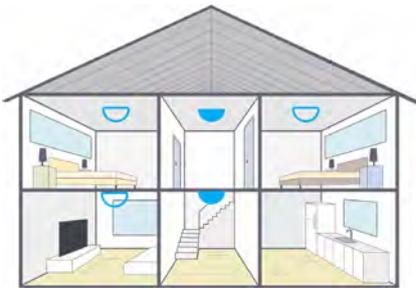
Check your escape route is clear.

Take a mobile phone with you to bed and keep it on the bedside table.

Smoke Alarms



Smoke alarms make a loud sound as soon as they detect smoke. Smoke can be the first sign of a fire starting.



You should have working smoke alarms on every floor in your home.



You should test this once every week.

Be safe, don't climb onto a chair to test them. If you need help ask someone you trust to help you.



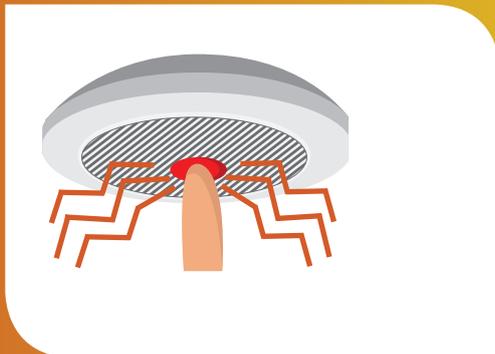
You are more at risk of dying in a fire if you don't have a working smoke alarm.

Have you got working smoke alarms on every level in your house?

How to test your smoke alarms



You should test your smoke alarm every week.



Press the test button on the smoke alarm until it starts to beep loudly.



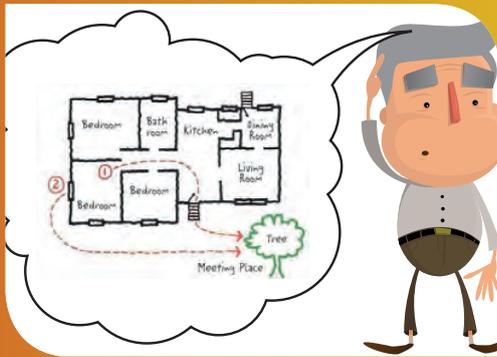
Don't try to stand on anything to press the test button, use a long stick or a broom handle if you can.

Ask someone you trust to help you if you need to.



If your smoke alarm doesn't work when you test it, or if it starts to 'chirp' contact the fire service on 0114 253 2314.

What to do if there is a fire



Do you have a fire plan?

If you don't it is a good idea to have one. It tells you what to do if there is a fire and how to get out.



If you are trapped in a room close the door and block the bottom of the door with bedding or clothes, open the window and stay there, call 999, if you can shout 'help fire!' out of the window.



Stop what you are doing. Get out of the house if the exit is clear.

Do not go back in the house for anything!



Call 999 and ask for the Fire Service.

Tell the Fire Service where the fire is and what your address is. Stay on the phone if they ask you to and watch for the Fire Service arriving.

A fire plan



Make sure you practice your plan.

Get out of the building. How will you get out?



Where are the fire exits in your home?

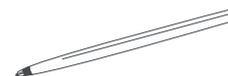


What will you do if you cannot get out?



Where will you meet when you get outside?

Write down your Fire Plan here.



A large rectangular area defined by a dotted border, intended for writing a fire plan. The area is divided into ten horizontal sections by nine horizontal dotted lines.

Things to remember



Use your Fire Plan.

You are more at risk of dying in a fire if you don't have a working smoke alarm.



Blocked exit ways can be dangerous. Keep doorways clear.



Switch off equipment at the sockets before you go to bed – phone chargers, TV, Heater, Kettle.



Remember, if you see a fire then get out and stay out! Call 999 and ask for the Fire Service.

Fire Quiz 2



1) How can you stop a fire from coming into the room if you are trapped?

Keep the door closed

Open the Window

Put bedding or clothes at the bottom of the door to stop the fire from coming in



2) Would you go back inside your home to rescue your belongings?

Yes

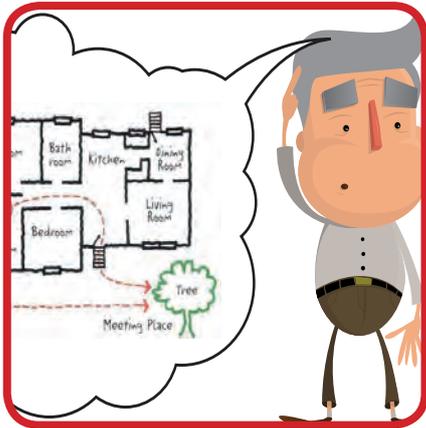
No



3) How can you make sure you get out as quickly as possible?

.....
.....
.....

Fire Quiz 2



4) Do you have an fire plan for your home?

Yes

No



5) Do you know your home address and postcode?

Yes

No

Pairing Exercise. Here are some dangers you might find in your home. Draw lines between the danger and what to do. There may be other things you can think of, talk about it with someone else.

Danger		What to do
Overloaded Plug Socket		Crawl on the floor and try to get out, shout for help!
Chip Pan Fire		Don't put too many plugs in one socket
Fire in a bedroom		Check for damaged kettle cable and replace
Fire in a kitchen		Always use a fireguard
Fire in living room		Don't use a chip pan, use a modern deep fryer instead
Electric heater catching fire		Don't leave candles burning when you go to bed
There is a fire in the house and smoke is starting to fill it		Don't put clothes on an electric heater
You can't get out of the house if there is a fire		Keep a charged mobile phone next to you in bed
Trapped in your bedroom and can't call the fire service		Always have smoke alarms which are tested every week
A fire starts in another room without you knowing		Always keep doorways clear of things

So remember

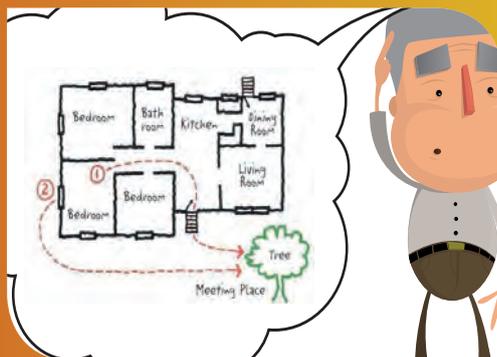


Fire Safety is very important.
Fire can kill.

There are lots of things you can do to
keep safe in your home.



It is everyone's responsibility to be safe
and to make sure that fires do not
happen.



Knowing what to do if there is a fire
can save your life and the lives of the
people you live with.



Remember, if you see a fire then get
out and stay out! When you are safe
outside call 999 and ask for the fire
service.

No Smoke without Fire!



©2014 Speakup Self Advocacy Ltd
www.speakup.org.uk



**South Yorkshire
FIRE & RESCUE**